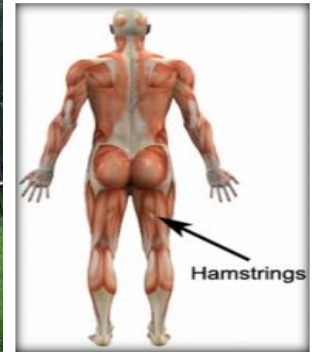


## Hamstring Stretch

1. Start sitting upright in a chair.
2. Place feet shoulder width apart.
3. Extend right leg out in front of you keeping a slight bend in the leg.
4. Heel on the floor – toe to the ceiling – pull the toe toward you to intensify the stretch.
5. Place hands on your left thigh.
6. Inhale and as you exhale lean into the stretch. Keep your back and neck in a straight line.
7. Hold for 15-30 seconds. Repeat with left leg.

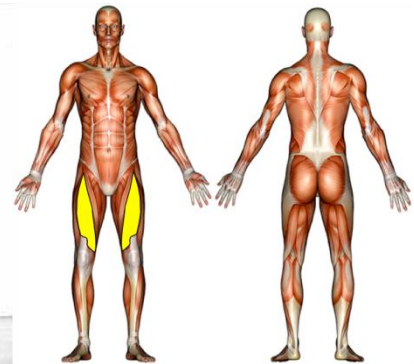
Tight hamstrings can lead to:

- Increased tension in low back
- Knee pain
- Functional ability of lower spine



## Quadriceps Stretch

1. Stand and touch wall or stationary object for balance
2. Grasp top of ankle or sock.
3. Pull ankle or sock to rear end.
4. Drive hips forward by moving knee backward. Hold stretch.
5. Repeat with opposite side



\*To Challenge your balance-let go of the stationary object\*

Quadriceps muscles control the knee and lower limb. Stretching the quads can help:

- Decrease tightness in knee
- Decrease tightness in hip

## Increase Neck Range of Motion

To begin, sit with good posture in your chair. Reach and hold the seat of the chair with your hands.

### Neck Flexion (Chin to Chest)

Slowly begin to lower your neck down by lower your chin down to your chest and hold for 10-15 seconds.

### Neck Extension (Lean your head back)

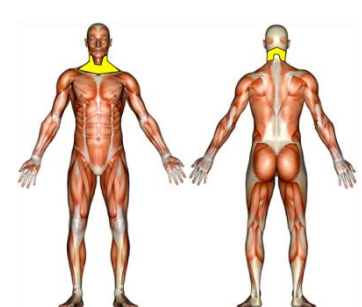
Lower your head back as far as you can.

### Right Lateral Flexion (Ear to Shoulder)

Lower your right ear towards your right shoulder.

### Left Lateral Flexion (Ear to Shoulder)

Lower your left ear towards your left shoulder.



### Right Rotation (Chin to Shoulder)

Slowly turn your head to the right. Your chin will be close to your right shoulder.

### Left Rotation (Chin to Shoulder)

Slowly turn your head to the left. Your chin will be close to your left shoulder.

We store a lot of tension in our neck because of stress & anxiety

Muscle tightness here can lead to:

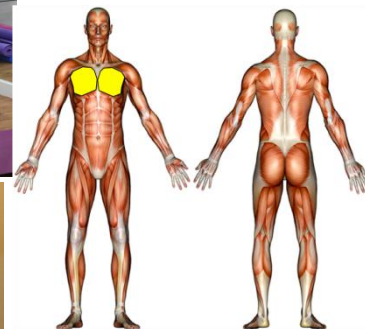
- Impaired vision
- Headaches

### Chest Stretch

1. Stand with arms behind back-link hands together
2. Pull hands away from your body

OR

1. Place forearm flat against the wall in a door frame
2. Step forward with the same leg to stretch out the chest.



\*We become accustomed to slouching while sitting and standing-creating tightness in the chest and shoulders.

Long term effects:

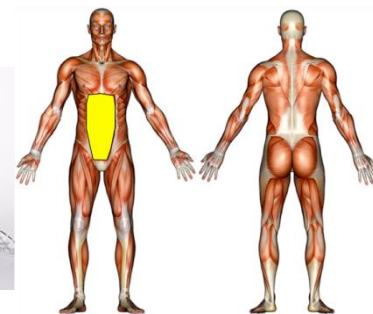
- Poor posture
- Tension in spine
- Decreased ability to use lungs at full capacity.

### Abdominal Stretch

1. Laying flat on the floor place hands under chest.
2. Push yourself up-leaving your hips and lower on the floor

Abdominals can become tight when seated a lot. Stretching can help:

- Decrease pressure in low back
- Reduce pain in the lumbar(lower) spine



## Shoulder stretch

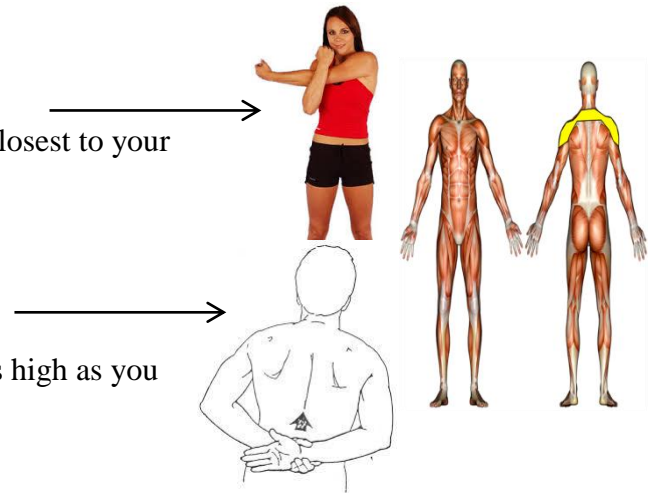
1. Take one arm across chest
2. Take opposite arm up and underneath-pulling the arm closest to your body closer

OR

1. Take one hand behind the back
2. Back of the hand goes against the back-walk hand up as high as you can

The shoulder is a very mobile, unstable joint which relies on soft tissue structures (ligaments/tendons).

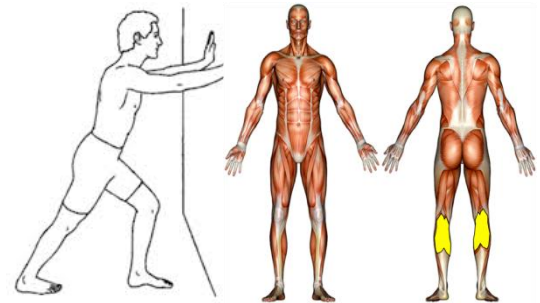
Stretching may help decrease chance of injury.



## Calf Stretch

1. Standing feet beside each other-slide one foot behind you-keeping that leg straight-heel on the ground
2. Make sure both feet are pointing forward

The calf is very important to control biomechanics involved with walking and standing. Tight calf may cause ankle and lower limb issues.



## Back Stretch

1. Reach up to the ceiling with right arm – lean to the left side

Muscles in your back support the spine/hip/shoulder-keeping this area flexible drastically affects how the body moves standing and sitting.



## Forearm Stretch

1. Lift arms out to side- to shoulder height
2. Palms facing the ceiling
3. Bend at the wrist and take fingertips to the floor
4. Flip palms so they are facing the floor
5. Bend at the wrist and take fingertips to the floor

Muscles in the forearm control/stabilize wrist and elbow.

Chronic conditions can result from poor flexibility here-like Carpal Tunnel

